

YOU FIRST

Lifestyle Programs

You First (formerly Ladies First) offers free lifestyle programs to help members reach their health and fitness goals. Members must be ages 30-64 and up to date on their heart health screenings, mammograms and Pap tests (if applicable). Please call us with any questions at **1-800-508-2222** or call our Lifestyle Program Coordinator directly at **802-652-4139**.

Wellness Works (WW) and Wellness Works (WW) Online

You First will cover 12 weekly WW meetings, or You First will provide a voucher to use the WW online tools for 3 months.

Taking Off Pounds Sensibly (TOPS)

TOPS is a weight management program that offers judgement-free, weight loss support groups. You First can provide TOPS memberships to program members ready to attend TOPS weekly meetings.

Eat Smart Move More Weigh Less

A 15-week online weight management program that includes real time interaction with an instructor as well as ongoing feedback and conversation.

Diabetes Prevention Program

The Diabetes Prevention Program can help members who have been diagnosed with prediabetes or believe that they might be at risk for diabetes. The year-long, group program consists of 16 one-hour, weekly sessions followed by monthly sessions led by a trained coach.

Self-Monitored Blood Pressure Program

You First offers free blood pressure monitors and tools to members whose blood pressure is above 140/90.

Food Fit

Food Fit is a 12-week class that is available to You First members in the Bennington area. This class emphasizes exercise and has a cooking component to encourage healthy cooking and eating habits.

90- Day Commit to Get Fit Program

A 90-day program that is offered by The Edge Fitness Center and is available to You First members online and in person in the Chittenden County area.

Other local weight management and fitness programs

Members may be eligible for local fitness centers and gyms that have partnered with You First.